

Forty Four Fat Trimming Tips From FitnessandFreebies.com

Bringing fat levels into line with health recommendations is not as difficult as most people seem to think. It is a simple goal, easily accomplished by shaving a few grams of fat here and a few grams of fat there. Following are 44 suggestions that offer help to get you started.

1. Take the focus off small meat portions by trying stir-fry's. Very little or no oil and lots of vegetables keep the dish lean.



2. Try the en papillote (paper packet) technique for fish or chicken. Use parchment paper or foil and place lean meat, herbs, vegetables and a splash of liquid, like wine, in the center. Wrap and bake.

3. Bake fish with a splash of white wine, chopped tomatoes, and basil for a fast, low fat entrée.

4. Opt for the select grade in meat; it has less marbling and much less fat than choice cuts.

5. Marinate lean cuts of meats with citrus juice, vinegar, or other acidic liquids to help tenderize them before cooking. Add fresh herbs to flavor marinade.



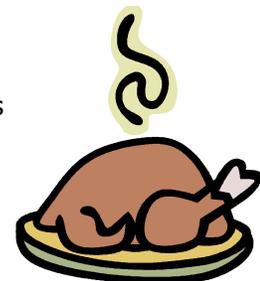
6. Substitute turkey breast or lean ham for luncheon meats like bologna, salami, and liverwurst. Or try low fat turkey copycat versions of pastrami and bologna.

7. Let lean smoked ham or Canadian bacon take the place of bacon in recipes. Ham offers the smoky flavor of bacon with less fat.

8. Use meat and cheese as side dishes, and let vegetables and grains fill out the plate.

9. Peel the skin off chicken or turkey after roasting or baking. As long as you remove skin prior to eating, you will cut back on fat.

10. Broil meats used in stews, soups and roasts rather than browning them in oil. No need to add more fat to foods that already contain plenty.



11. Oven-fry chicken and fish: Dip in egg whites, coat with seasoned bread crumbs and bake on a nonstick pan coated with vegetable spray.

12. Make fruit pies with a single crust. Place the fruit directly in the pie dish and top with pastry. Or make an open face fruit tart.

13. Bake, stew, or poach peaches (or apples or pears) with cinnamon, cloves and honey for a lean dessert splurge.

14. Puree chopped cantaloupe in the blender, then add a dash of nutmeg and serve the sauce over ice milk or low fat frozen yogurt.

15. Substitute evaporated skim milk in recipes that call for heavy cream.

16. Reach for gingersnaps, vanilla wafers, graham crackers, fig or low fat fruit bars, and animal crackers when cookie cravings strike.

17. Serve angel food cake with fresh strawberries (or frozen, thawed, with syrup included) and fresh kiwi slices for a colorful dessert.

18. Make pudding with skim milk. Add a touch of spice, like nutmeg, cinnamon, or cloves, to boost flavor.

19. Cook onions, mushrooms, and green peppers in a pan coated with nonstick vegetable spray, not oil. Two tablespoons of oil used to sauté vegetables will carry an extra 240 fat calories. Vegetable sprays add less than ten.



20. Cut back on buttering vegetables with this gradual method: Use one part margarine with one part lemon juice. Eventually try for mostly lemon and little or no margarine.

21. Top a baked potato with salsa, meatless chili, or low fat cottage cheese and dill or mixed vegetables plus a tablespoon of grated low fat cheese.

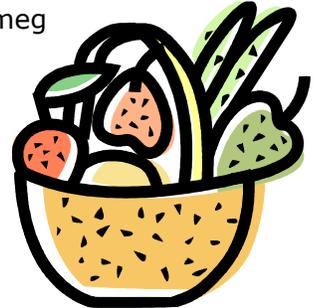
22. Roast vegetables (sweet pepper chunks, zucchini, asparagus, sliced eggplant) for some low fat flavor. Spray lightly with vegetable spray. Bake for about 15 minutes at 400 degrees or until tender but crisp.

23. Peel and chop jicama or cucumbers; sprinkle with chili powder to make a Tex-Mex style munchie.

24. Create a tangy salad dressing with a splash of rice vinegar and dried herbs, or combine plain nonfat yogurt, Dijon mustard, and spices for a creamier topping.

25. Fix a mock cream sauce with nonfat, plain yogurt; season with dill and serve over salmon. Another variation: Season yogurt with horseradish and serve warm instead of chilled.

26. Save roughly 10 grams of fat by substituting a tablespoon of mustard for



a tablespoon of mayonnaise on a sandwich. Other low fat spreads include fruit and vegetable chutney and salsa.

27. Substitute low fat milk and chicken stock for cream in recipes. The flavor will be less rich, but will taste as good.

28. Keep reduced fat margarines and mayonnaise on hand; they often contain half the fat of the full fat variety. Nonfat mayonnaise is another option.



29. Use nonfat powdered milk to lighten coffee instead of cream or nondairy creamers.

30. Pour syrup on pancakes or waffles instead of butter. Two tablespoons contain 100 calories, but zero fat. Two tablespoons of butter add 200 calories, almost all from fat.

31. Revamp vinaigrette dressing recipes from traditional 3 part oil, 1 part vinegar, to 3 parts vinegar, 1 part oil. Use rice vinegar for a milder flavor.

32. Mix equal amounts of nonfat plain yogurt with mayonnaise to make a creamy, lower fat dressing for tuna or chicken salad. For even more savings, use reduced fat or fat free mayonnaise.

33. Concentrate on a few target foods that you are willing to substitute for or limit. Starting with small changes allows for a better long term adjustment to low fat eating.

34. Look for crackers and snack products that have been baked rather than fried. Be sure to read the Nutrition Facts panel.

35. Chill homemade and canned soups; skim off the fat layer that forms on the top. Each tablespoon discarded saves about 120 fat calories.

36. Let an 8 ounce container of 99 percent fat free cottage cheese stand in for the ricotta cheese in your lasagna recipe. You save almost 200 calories, most of them from fat. Nonfat and low fat ricotta cheeses are also available.



37. Order pizza with any kind of vegetables such as onions, broccoli, mushrooms, green pepper and less cheese. For a meat topping, choose Canadian bacon or ham instead of high fat sausage or pepperoni.

38. Drain pan-fried foods on a paper towel before serving to absorb extra grease. Go easy on the oil.

39. Keep the oil in your saucepan or wok very hot when stir-frying. Vegetables soak up cold oil much quicker than hot.

40. Sprinkle powdered butter substitutes (found in the spice section) onto hot foods like baked squash and mashed potatoes. One half teaspoon, a mere four calories, replaces the 108 calories and 12 grams of fat found in a tablespoon of butter.

41. Fill the refrigerator with nonfat yogurts, sliced raw vegetables, seasonal fruits, fruit juice bars, and frozen low fat fudge bars. When the urge to snack strikes, these low fat munchies will be at your fingertips.
42. Nibble on breadsticks instead of buttery dinner or crescent rolls. Breadsticks are much lower in fat, and there is less temptation to slather them with butter.
43. Experiment with fresh herbs like basil, dill, rosemary, and cilantro. Try them on vegetables and poultry and in soups. They add lots of great flavor but no fat.
44. Give yourself a break on occasion. When you are tired of paying attention to every bite of food you put into your mouth and craving a few French fries or a slice of chocolate cake, indulge and enjoy yourself! For heart and overall health, diets do not have to include only certain foods. It bears repeating: Low fat eating is all a matter of balance.

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